

Emotion Regulation Questionnaire Erq Scoring Guidance

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Emotion Regulation Questionnaire Erq Scoring

The Emotion Regulation Questionnaire. Respondents' answers are scored on a 7-point Likert-type scale ranging from 1 (strongly disagree) to 7 (strongly agree). The scoring takes the average of all the scores in each subscale of cognitive reappraisal and expressive suppression.

Using the Cognitive Emotion Regulation Questionnaire (ERQ)

A 10-item scale designed to measure respondents' tendency to regulate their emotions in two ways: (1) Cognitive Reappraisal and (2) Expressive Suppression. Respondents answer each item on a 7-point Likert-type scale ranging from 1 (strongly disagree) to 7 (strongly agree).

EMOTION REGULATION QUESTIONNAIRE (ERQ)

Emotion Regulation Questionnaire (ERQ) Gross & John 9/03 The Emotion Regulation Questionnaire is designed to assess individual differences in the habitual use of two emotion regulation strategies: cognitive reappraisal and expressive suppression. Citation Gross, J.J., & John, O.P. (2003). Individual differences in two emotion regulation processes: Implications for

Emotion Regulation Questionnaire (ERQ) Gross & John 9/03

scale: agree - strongly disagree - . . . - neutral - . . . - strongly agree l: erq t: scale agree o: width 50% q: We would like to ask you some questions about your emotional life, in particular, how you control (that is, regulate and manage) your emotions. The questions below involve two distinct aspects of your emotional life One is your emotional experience, or what you ...

Emotional regulation questionnaire (ERQ) - PsyToolkit

The Emotion Regulation Questionnaire (ERQ) is a 10-item self-report scale designed to assess habitual use of two commonly used strategies to alter emotion: cognitive reappraisal and expressive suppression. Participants respond to each item using a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree).

Emotion Regulation Questionnaire | Science Of Behavior Change

Emotion Regulation Questionnaire This instrument was developed by Gross and John (2003), of self-report and fast application, consisting of 10 items [e.g. Item 03. When I want to feel less negative emotions (such as sadness or anger), I change what I am thinking about; Item 08.

Emotional Regulation Questionnaire (ERQ): Evidence of ...

The Emotions Regulation Questionnaire (ERQ) items were rationally derived, and indicated clearly in each item is the emotion regulatory process intended for measurement, such as "I control my emotions by changing the way I think about the situation I'm in" (reappraisal) and "I control my emotions by not expressing them" (suppression).

Emotion Regulation Questionnaire | Measurement Instrument ...

Emotion Regulation Questionnaire (ERQ) were used to measure emotional regulation of children and adolescence with an average internal consistency score of 0.76, test-retest reliability over 3...

(PDF) The Emotion Regulation Questionnaire for Children ...

Emotion Regulation Questionnaire for Children and Adolescents (ERQ-CA). The ERQ (Gross & John, 2003) comprises 10 items assessing the ER strategies of CR (6 items) and ES (4 items). Items are rated on a 7-point Likert-type response scale. Higher scores on each scale indicate greater use of the corresponding ER strategy.

The Emotion Regulation Questionnaire for Children and ...

Objective. To examine the psychometric properties of the Emotion Regulation Questionnaire (ERQ) among a sample of older community-dwelling males and females and to also assess gender differences in the association between emotion regulation and positive and negative affect.

Validation of the Emotion Regulation Questionnaire in ...

The 10-item Emotion Regulation Questionnaire (ERQ) was developed by Gross and John (2003) to measure the habitual use of 2 emotion regulation strategies: reappraisal and suppression.

(PDF) The Emotion Regulation Questionnaire: Validation of ...

Emotion Regulation Questionnaire (ERQ) The ERQ was developed to evaluate individual differences in the habitual use of two types of emotion regulation strategies: cognitive reappraisal and expressive suppression. The original ERQ consists of 10 questions and two subscales typically emerge in factor analyses.

Validating the emotion regulation questionnaire (ERQ) in ...

Everyone gets confronted with negative or unpleasant experiences and everyone responds to them in his or her own way. Have a look at the following statements below where you are asked to indicate what you generally think when you experience negative or unpleasant events. Let's begin by thinkin...

Cognitive Emotion Regulation Questionnaire: CERQ + scoring ...

Results: The results showed that the Persian version of the Emotion Regulation Questionnaire (ERQ-P) had good psychometric properties. Explanatory and confirmatory factor analysis supported the original ERQ two factor model (factor loadings ranged from .32 to .67).

Persian Version of the Emotion Regulation Questionnaire ...

DOI: 10.1007/s10608-016-9756-2 Corpus ID: 5234886. Interpersonal Emotion Regulation Questionnaire (IERQ): Scale Development and Psychometric Characteristics @article{Hofmann2016InterpersonalER, title={Interpersonal Emotion Regulation Questionnaire (IERQ): Scale Development and Psychometric Characteristics}, author={S. Hofmann and Joseph K Carpenter and Joshua Curtiss}, journal={Cognitive ...

Interpersonal Emotion Regulation Questionnaire (IERQ) ...

Emotion regulation (ER) is a basic psychological process that has been broadly linked to psychosocial adjustment. Due to its relationship with psychosocial adjustment, a significant number of instruments have been developed to assess emotion regulation in a reliable and valid manner. Among these, the Emotion Regulation Questionnaire (ERQ; Gross and John, 2003) is one of the most widely used ...

Frontiers | Analysis of Emotion Regulation in Spanish ...

an emotion eliciting event in order to change its emotional impact and expressive suppression, a response-focused strategy that involves hindering the external facial, bodily, or behavioral signs of the emotion (Gross, 2002). Emotion Regulation Questionnaire (ERQ; Gross & John, 2003) was utilized to assess the habitual

A Turkish adaptation of the Emotion Regulation Questionnaire

Respondents use a 7-point discrete visual analog scale to indicate the extent to which 10 self-descriptive statements regarding the experience and expression of emotions pertain to them.

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